



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01215, Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D

Report Date: July 11, 2017 14:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	51.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Energy	kcal	240	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	1004	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Protein	g	17.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Total lipid (fat)	g	14.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Ash	g	5.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Carbohydrate, by difference	g	10.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Sugars, total	g	8.02	--	--	--	--	--	--	--	--	Calculated or imputed	01046	03/2009
Minerals													
Calcium, Ca	mg	529	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Magnesium, Mg	mg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Phosphorus, P	mg	829	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Potassium, K	mg	330	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Sodium, Na	mg	1201	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	2.36	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Selenium, Se	μg	12.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Thiamin	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Riboflavin	mg	0.480	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Niacin	mg	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-6	mg	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folate, total	μg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Folate, food	μg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Folate, DFE	μg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total	mg	36.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	μg	1.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin A, RAE	μg	250	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Retinol	μg	243	--	--	--	--	--	--	--	--	Calculated or imputed	01042	03/2009
Carotene, beta	μg	80	--	--	--	--	--	--	--	--	Calculated or imputed	01042	03/2009
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 03/2009
Vitamin A, IU	IU	945	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 03/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 03/2009
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	01042	03/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 03/2009
Vitamin D (D2 + D3)	µg	5.3	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2009
Vitamin D3 (cholecalciferol)	µg	5.3	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2009
Vitamin D	IU	212	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2009
Vitamin K (phylloquinone)	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	01042	03/2009
Lipids													
Fatty acids, total saturated	g	8.850	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
4:0	g	0.460	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
6:0	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
8:0	g	0.210	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
10:0	g	0.340	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
12:0	g	0.420	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
14:0	g	1.450	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
16:0	g	3.930	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009
18:0	g	1.610	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	4.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
16:1 undifferentiated	g	0.370	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:1 undifferentiated	g	3.470	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Fatty acids, total polyunsaturated	g	0.410	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:2 undifferentiated	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:3 undifferentiated	g	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Cholesterol	mg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009